

Life Assessment

Life Category	A. The importance of this category to me	B. The current satisfaction level	C. The discrepancy (A minus B)	E. The desired satisfaction level
Physical				
Health				
Fitness				
Weight				
Personal				
Relationship				
Parenting				
Family				
Friendships				
Social				
People Skill				
Contributions				
Professional				
Job Satisfaction				
Job Security				
Job Competency				
Financial				
Income				
Savings				
Investments				
Retirement Preparation				
Emotional				
Happiness				
Self Esteem				
Self Confidence				
Self Actualization				
Spiritual				
Peace of Mind				
Inner Strength				
Meaningful Life				
Others				
Organization				
Emergency Preparation				

Evaluate each category by assigning a score of 1-10. The discrepancies between column A and B should to be minimized by setting empowering and inspiring Goals to reach the desired level of satisfaction.